



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News January 19, 2022

OUR Safety MISSION: Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

Calendar of Events – [Learn more](#)

[COVID-19 Resources Update](#) Updated information with quick references.

AGC of America's **COVID-19 Vaccine Toolkit** <https://www.agc.org/covid-19-vaccine-toolkit>

OSHA Civil Penalty Increases

On Jan. 16, [OSHA civil penalties increased](#) based on 2022 cost-of-living adjustments.

Exhausted nation: Americans more tired than ever, survey finds

CORONAVIRUS FATIGUE MANAGEMENT

Do you feel like you're constantly running on fumes? If so, it's not just you. Around 3 out of 5 U.S. adults say they feel more tired now than they've ever been and blame it on additional time spent at home during the COVID-19 pandemic, results of a recent survey show.

Researchers from marketing research company OnePoll surveyed 2,000 U.S. adults to learn about the impacts the pandemic is having on their energy levels, as well as any accompanying side effects. Fifty-eight percent of respondents said they feel unfocused or disjointed, and that taking a brief nap isn't a "viable solution." More than half of the respondents (55%) said no amount of rest helps them feel focused, while slightly more (56%) believe poor sleep schedules have led to low energy levels.

Other findings:

- 69% of the respondents said working from home has disrupted their sleep schedule.
- Long work hours (53%), staying indoors during lockdowns (52%), too much screen time (46%) and lack of a regular routine (41%) were cited as the leading causes for prolonged feelings of exhaustion.
- Among the participants working from home, 34% said many of the activities that typically boost their energy levels aren't possible during the pandemic.
- 3 out of 5 respondents said video conferences are more draining than in-person meetings.

Safety Initiative Goals:

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.